



# Strategies to Improve Your Sleep



**To enhance your sleep consider the following suggestions from the experts:**

- ▶ **Avoid rigorous exercise, nicotine use, alcohol, and caffeine consumption before bedtime.**
- ▶ **Make the temperature and noise levels comfortable for sleeping.**
- ▶ **Go to sleep when your are drowsy.**
- ▶ **If you are unable to sleep, get out of bed and go to another room. Occupy yourself with a peaceful activity. Return to bed when you are sleepy.**
- ▶ **Get up at the same time every day.**
- ▶ **Avoid daytime napping.**

**\*From American Sleep Disorders Association**